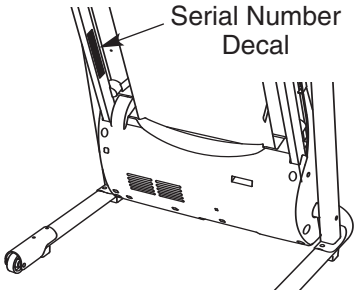
WESLO®
CADENCE C6

Model No. WETL13806.0
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

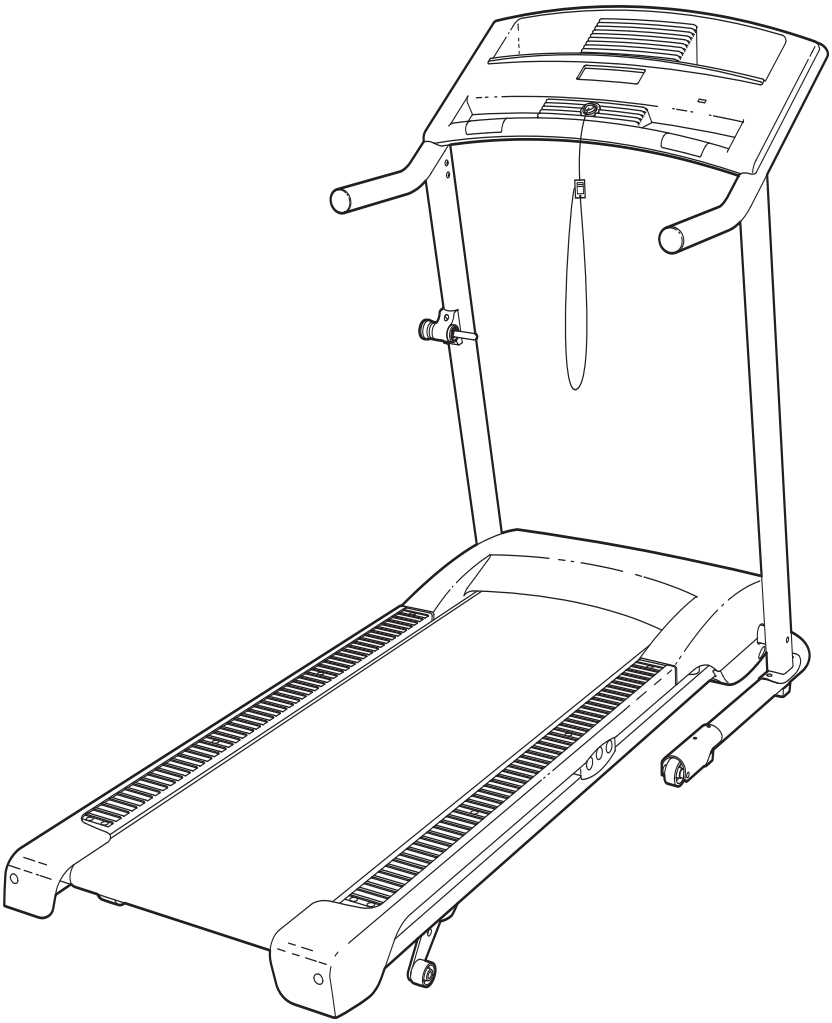
or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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WESLO®

CADENCE C6

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

2. **Use the treadmill only as described.**

3. **Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

6. **Keep children under the age of 12 and pets away from the treadmill at all times.**

7. **The treadmill should be used only by persons weighing 115 kg (250 lbs.) or less.**

8. **Never allow more than one person on the treadmill at a time.**

9. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.***

10. **When connecting the power cord (see page 12), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**

11. **Keep the power cord away from heated surfaces.**

12. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See MAINTENANCE AND TROUBLESHOOTING on page 18 if the treadmill is not working properly.)**

13. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).**

14. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

15. **The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

16. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

17. **Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.**

18. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6 and HOW TO FOLD AND MOVE THE TREADMILL on page 16.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.**

19. **When folding or moving the treadmill, make sure that the storage latch is fully closed.**

20. **Do not change the incline of the treadmill by placing objects under the treadmill.**

21. **Inspect and properly tighten all parts of the treadmill regularly.**

22. **Never drop or insert any object into any opening on the treadmill.**

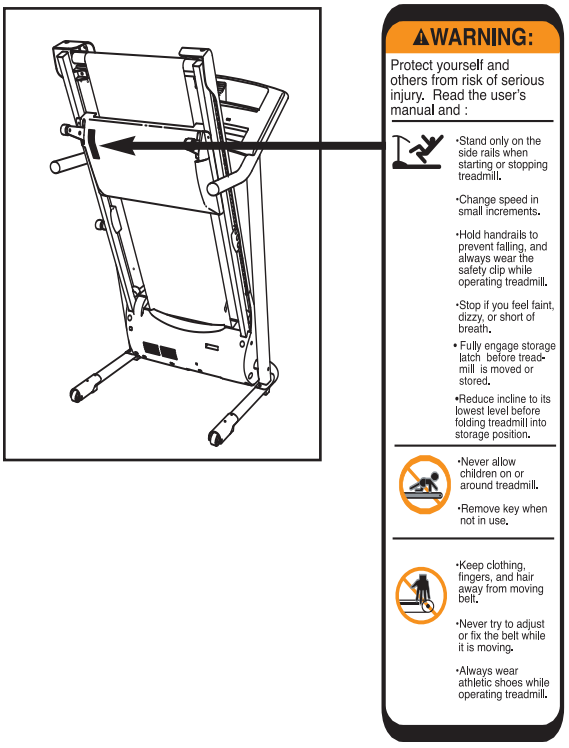
23. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

24. **This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.**

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decal shown at the right has been placed on the treadmill. If the decal is missing, or if it is not legible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decal is not shown at actual size.

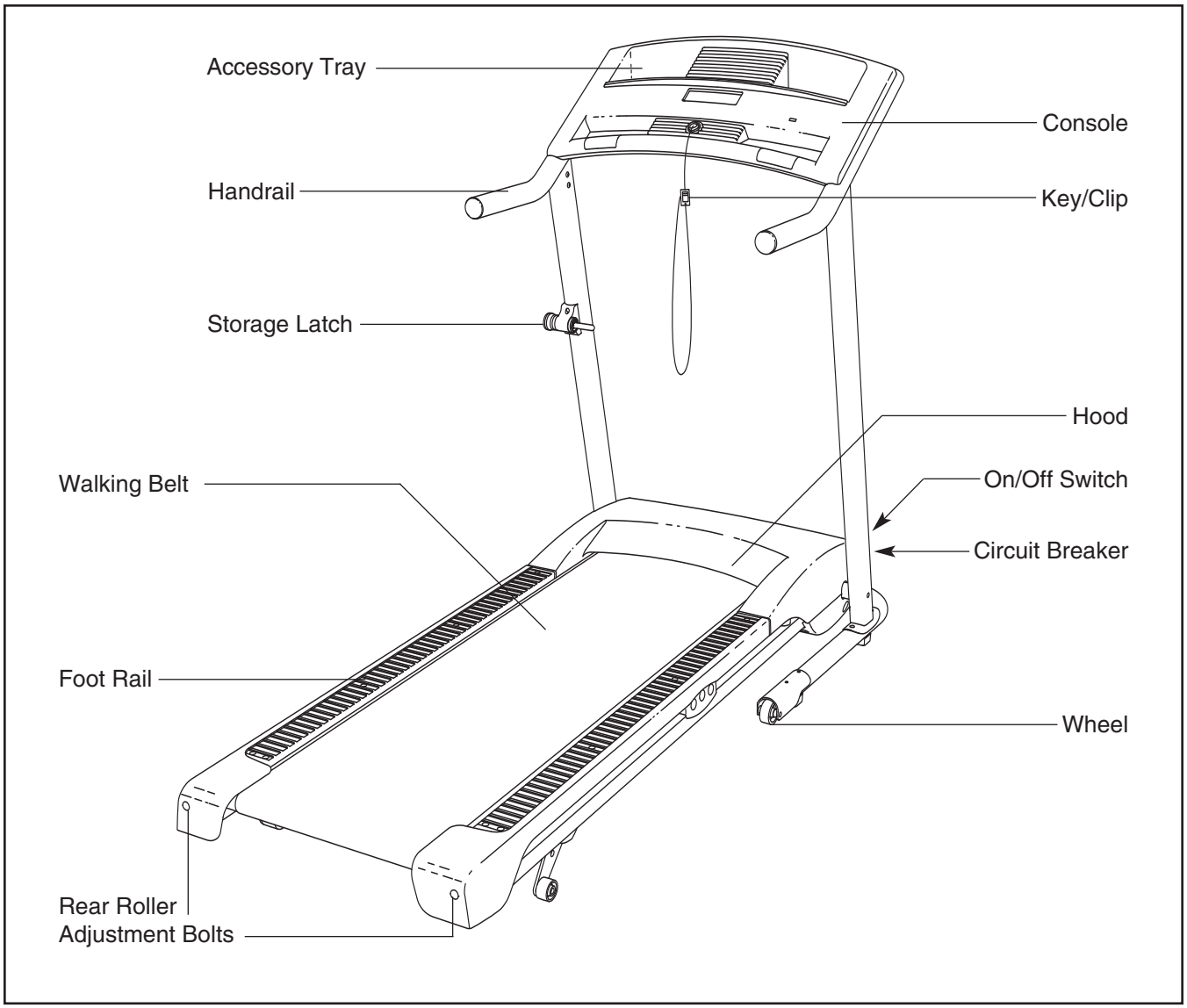

⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

Thank you for selecting the new WESLO® CADENCE C6 treadmill. The CADENCE C6 treadmill combines advanced technology with innovative design to make your workouts at home more effective and enjoyable. And when you're not exercising, the CADENCE C6 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number of the treadmill is WETL13806.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

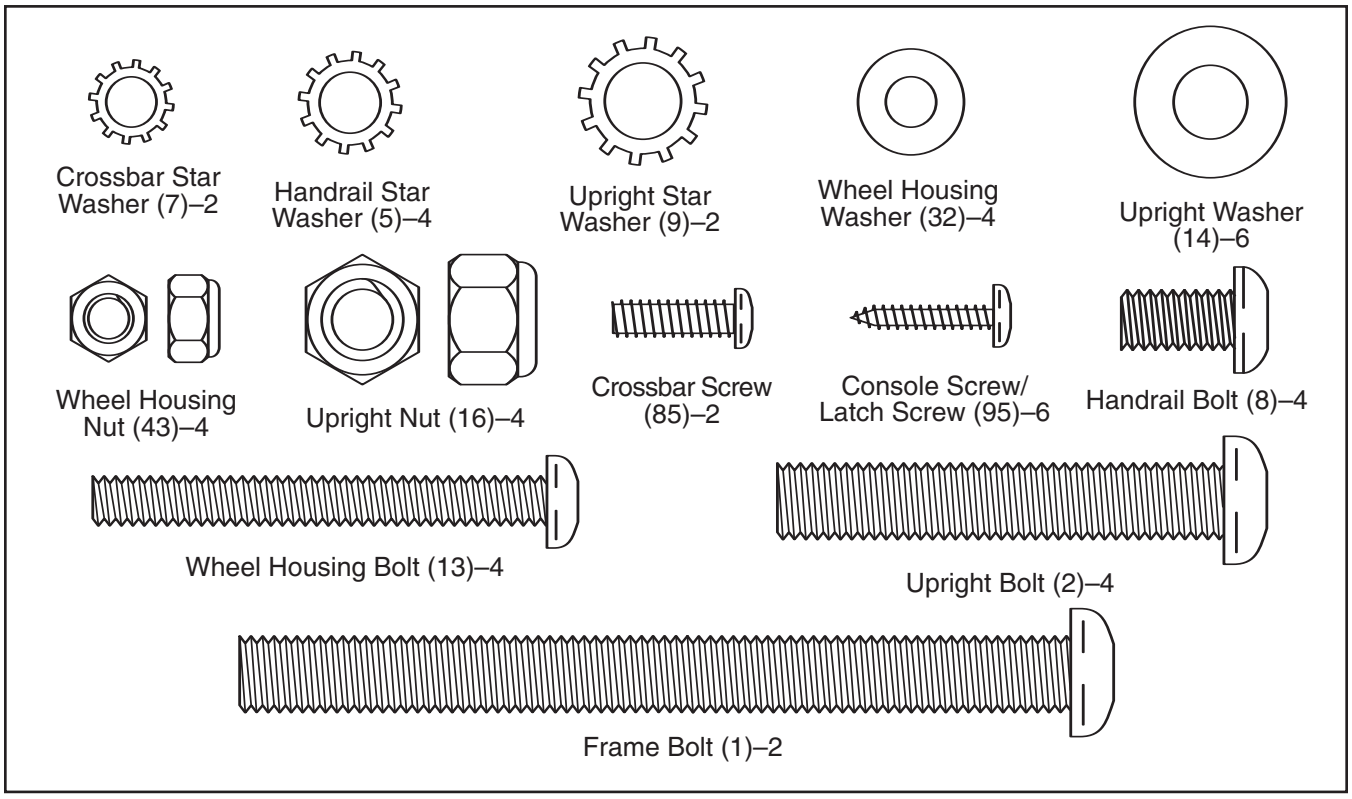


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; **do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

In addition to the included hex keys , assembly requires a phillips screwdriver , an adjustable wrench , and needlenose pliers .

Use the drawings below to identify hardware during assembly. **Note: If a part is not in the parts bag, check to see if it has been preattached to one of the parts to be assembled. Extra hardware may be included. To avoid damaging plastic parts, do not use power tools for assembly.**

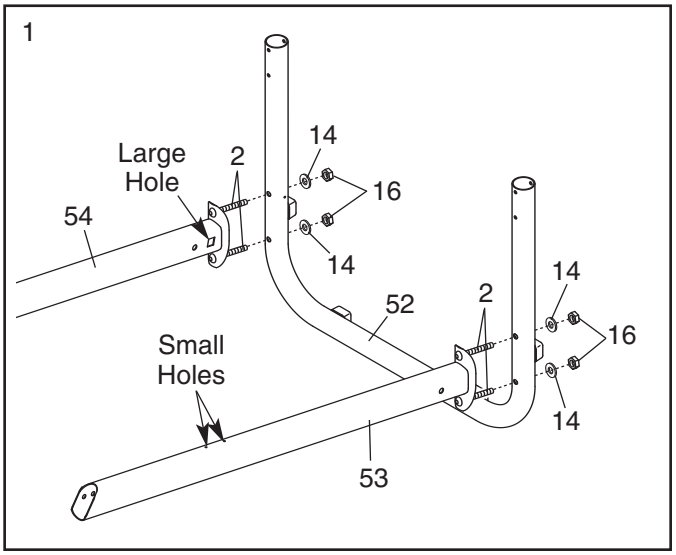


1. **Make sure that the power cord is unplugged.** Have a second person hold the Base (52) in the position shown.

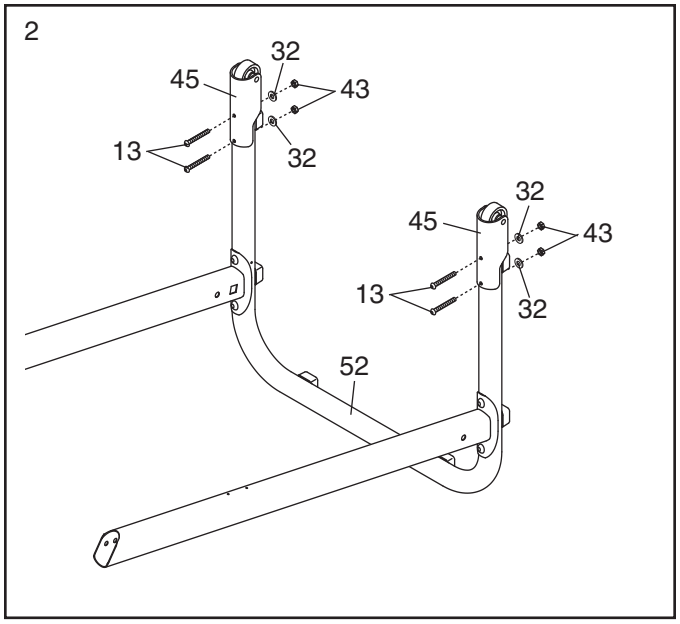
   Identify the Left Upright (53) (the Right Upright [54] has a large hole near the lower end).

   Hold the Left Upright (53) so the two small holes are on top as shown. Insert two Upright Bolts (2) into the bracket on the Left Upright. Then, attach the Left Upright to the Base (52) with the Upright Bolts, two Upright Washers (14) and two Upright Nuts (16). **Do not tighten the Upright Nuts yet.**

   Attach the Right Upright (54) to the Base (52) in the same way.



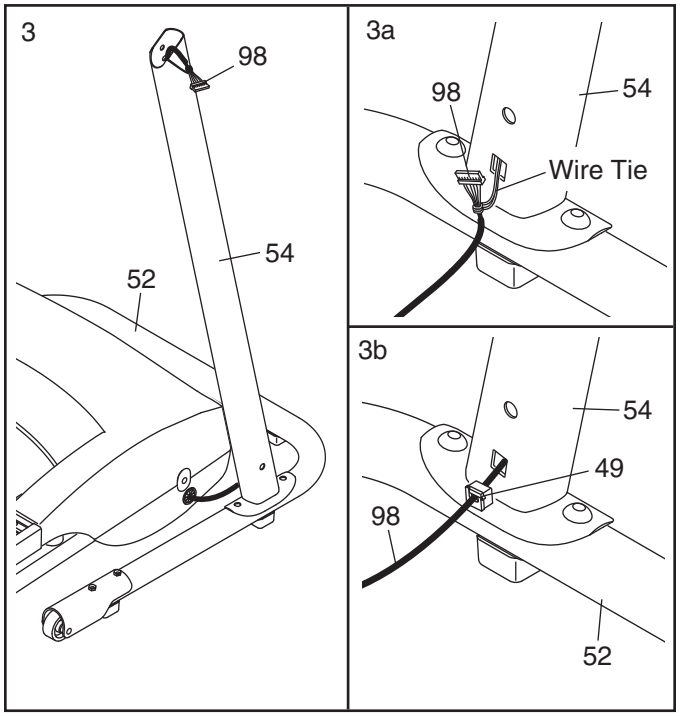
2. Slide the two Wheel Housings (45) onto the Base (52). Attach each Wheel Housing with two Wheel Housing Bolts (13), two Wheel Housing Washers (32), and two Wheel Housing Nuts (43).



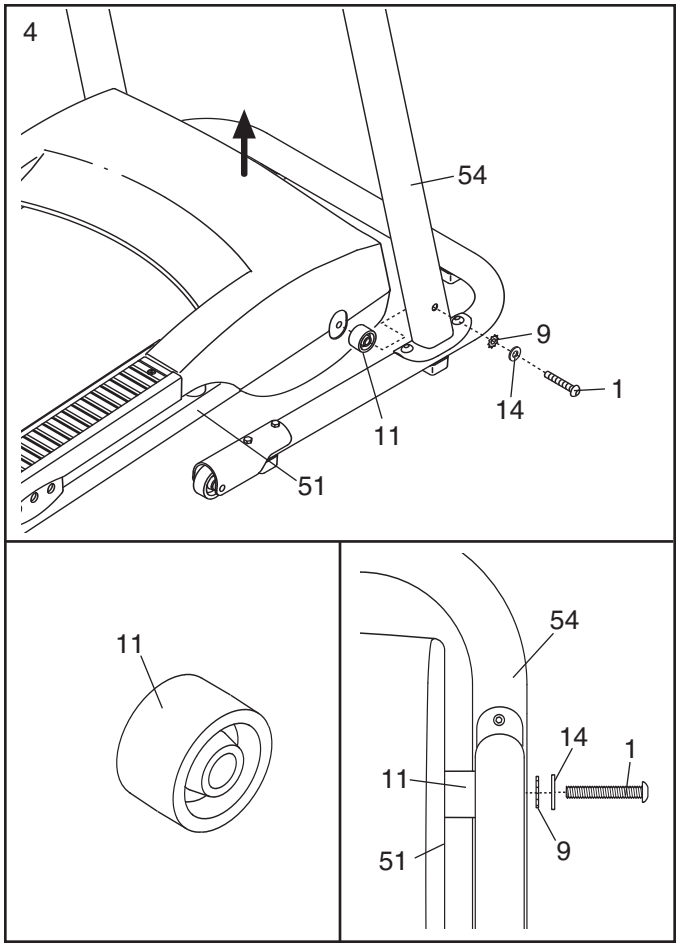
3. Position the Base (52) as close to the front of the treadmill as possible.

   See drawing 3a. Locate the wire tie in the Right Upright (54). Tie the wire tie securely to the connector on the end of the Wire Harness (98). Next, pull the opposite end of the wire tie out of the upper end of the Right Upright (54), until the Wire Harness is routed completely through the Right Upright. Secure the Wire Harness to the upper end of the Right Upright so that it will not fall inside.

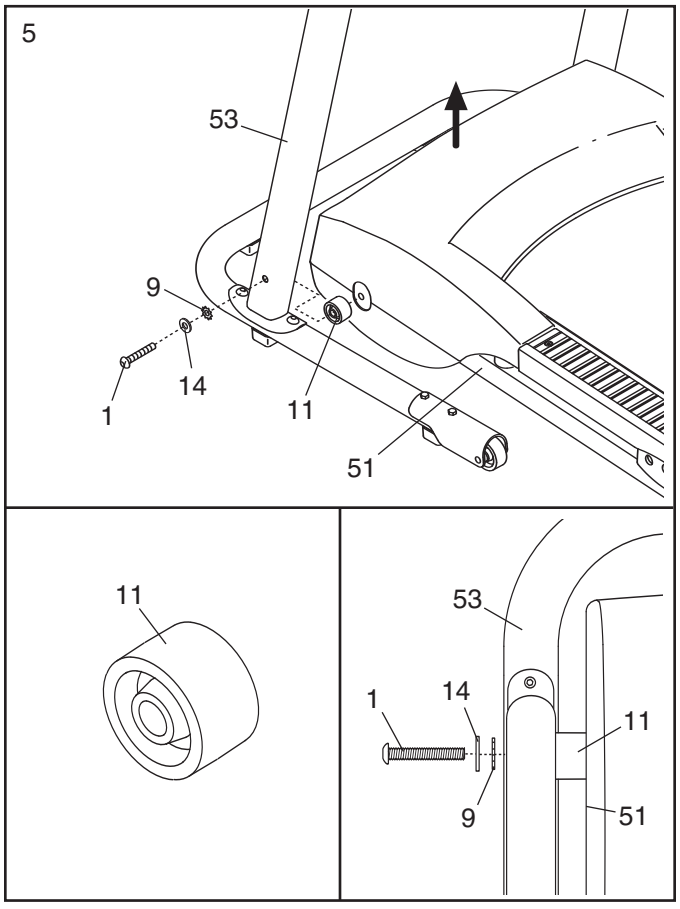
   See drawing 3b. Press the indicated Grommet (49) into the Right Upright (54).



4. See the left inset drawing and identify a Frame Spacer (11). Hold the Frame Spacer between the Right Upright (54) and the Frame (51). Attach the Right Upright to the Frame with a Frame Bolt (1), an Upright Washer (14), and an Upright Star Washer (9); **do not tighten the Frame Bolt yet.**

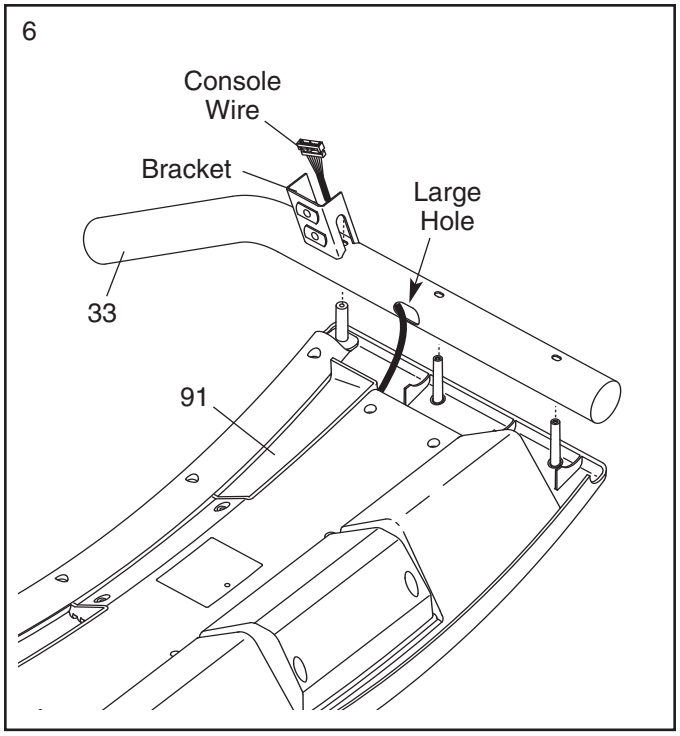


5. Hold the other Frame Spacer (11) between the Left Upright (53) and the Frame (51). Attach the Left Upright to the Frame with a Frame Bolt (1), an Upright Washer (14), and an Upright Star Washer (9); **do not tighten the Frame Bolt yet.**



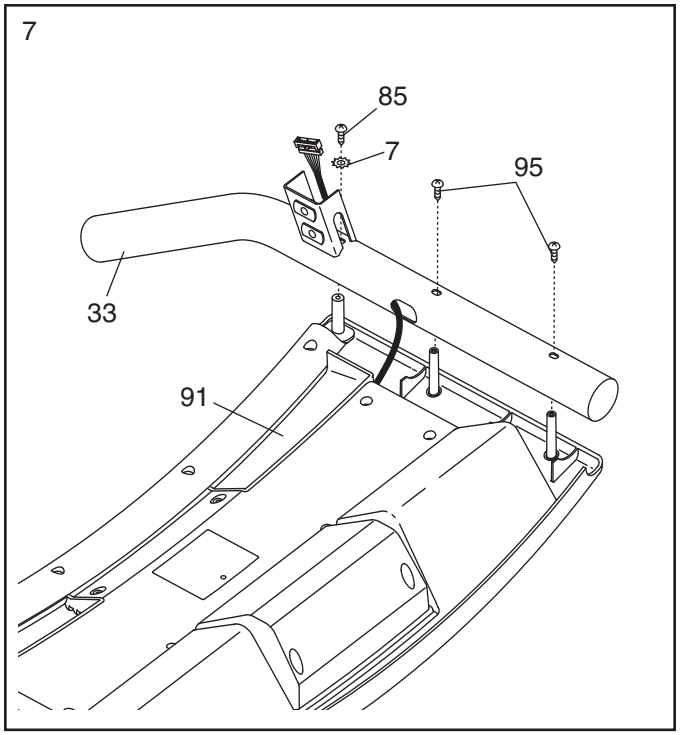
6. Set the Console (91) face down on a soft surface to avoid scratching it. Hold the Right Handrail (33), which has a large hole in the location shown, near the Console.

   Next, insert the console wire into the hole in the side of the Right Handrail (33). Using needlenose pliers, pull the console wire out of the hole near the bracket on the Right Handrail.



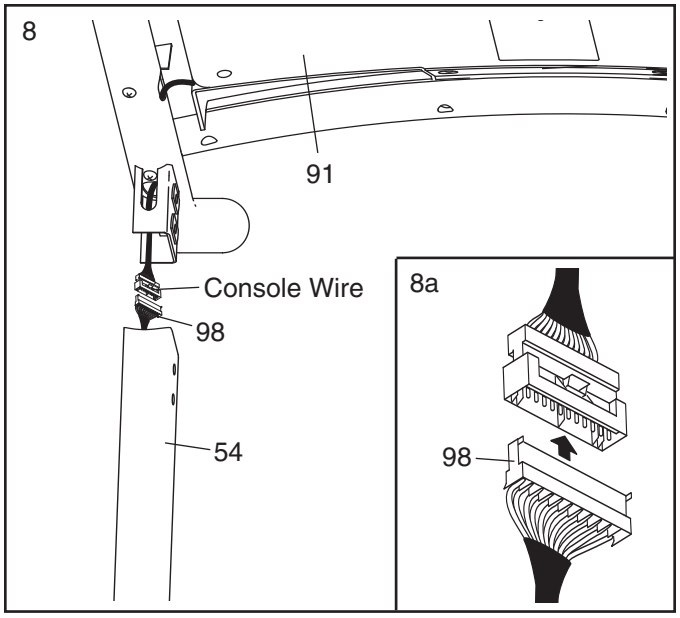
7. Set the Right Handrail (33) on the Console (91). **Make sure that the console wire is not pinched.** Start a Crossbar Screw (85) with a Crossbar Star Washer (7) into the Right Handrail, and then start two Console Screws (95) into the Right Handrail. **Tighten the Crossbar Screw and then tighten the two Console Screws; do not overtighten the Screws.**

   Attach the Left Handrail (not shown) to the Console (91) in the same way. Note: There is not a console wire on the left side.



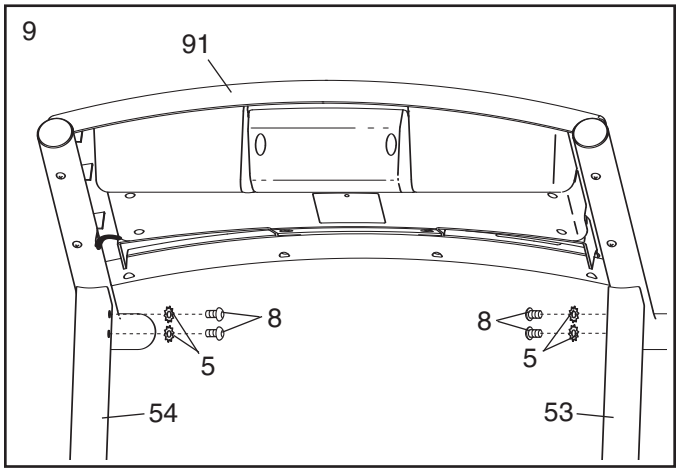
8. With the help of a second person, hold the Console (91) near the Right Upright (54).

   Remove the wire tie from the Wire Harness (98). Connect the Wire Harness to the console wire. **Make sure to connect the connectors properly (see drawing 8a). The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Insert the connectors and the excess wire downward into the Right Upright (54).



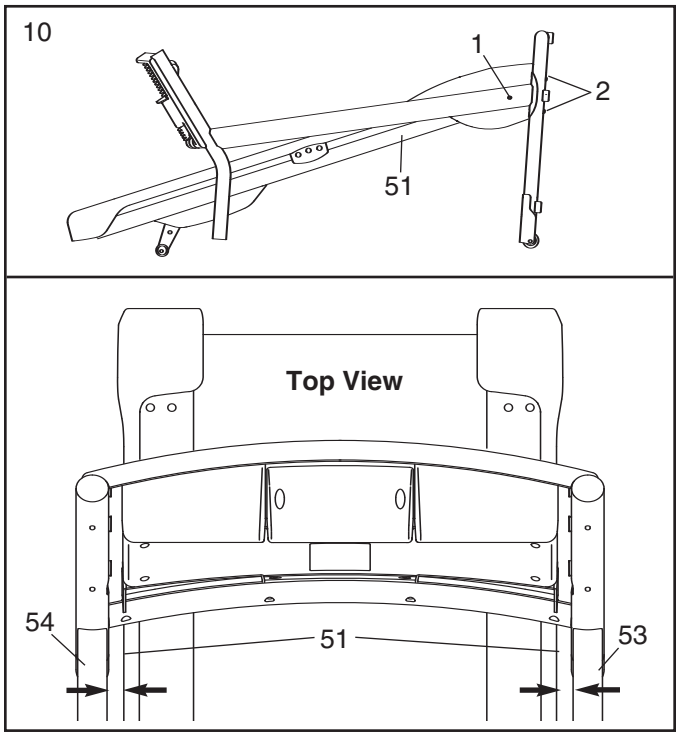
9. Set the Console (91) on the Uprights (53, 54). **Make sure that no wires are pinched.** Start four Handrail Bolts (8) with four Handrail Star Washers (5) into the Uprights as shown.

   With the help of a second person, carefully lower the Uprights (53, 54) to the floor.

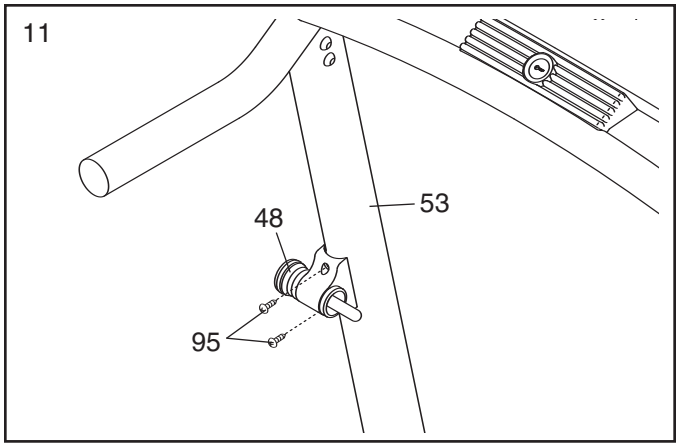


10. See the lower drawing. Position the Uprights (53, 54) so that the treadmill Frame (51) is centered between the Uprights.

    Firmly tighten the two Frame Bolts (1) and the four Upright Bolts (2). **Be careful not to overtighten the Frame Bolts.**



11. Attach the Latch Assembly (48) to the Left Upright (53) with two Latch Screws (95); **start both Latch Screws before tightening either of them.**



12. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex key in a secure place. The hex key is used to adjust the walking belt (see page 19). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

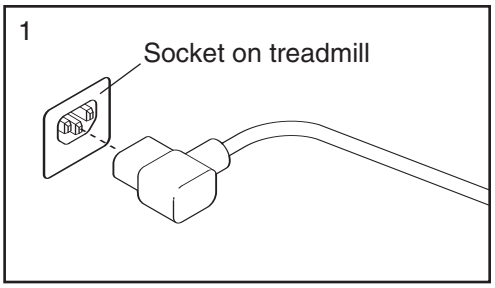
THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

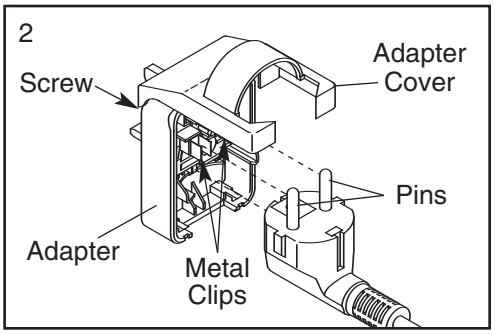
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

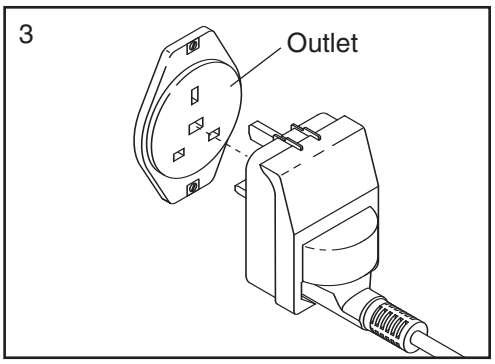
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.



See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **Important: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**

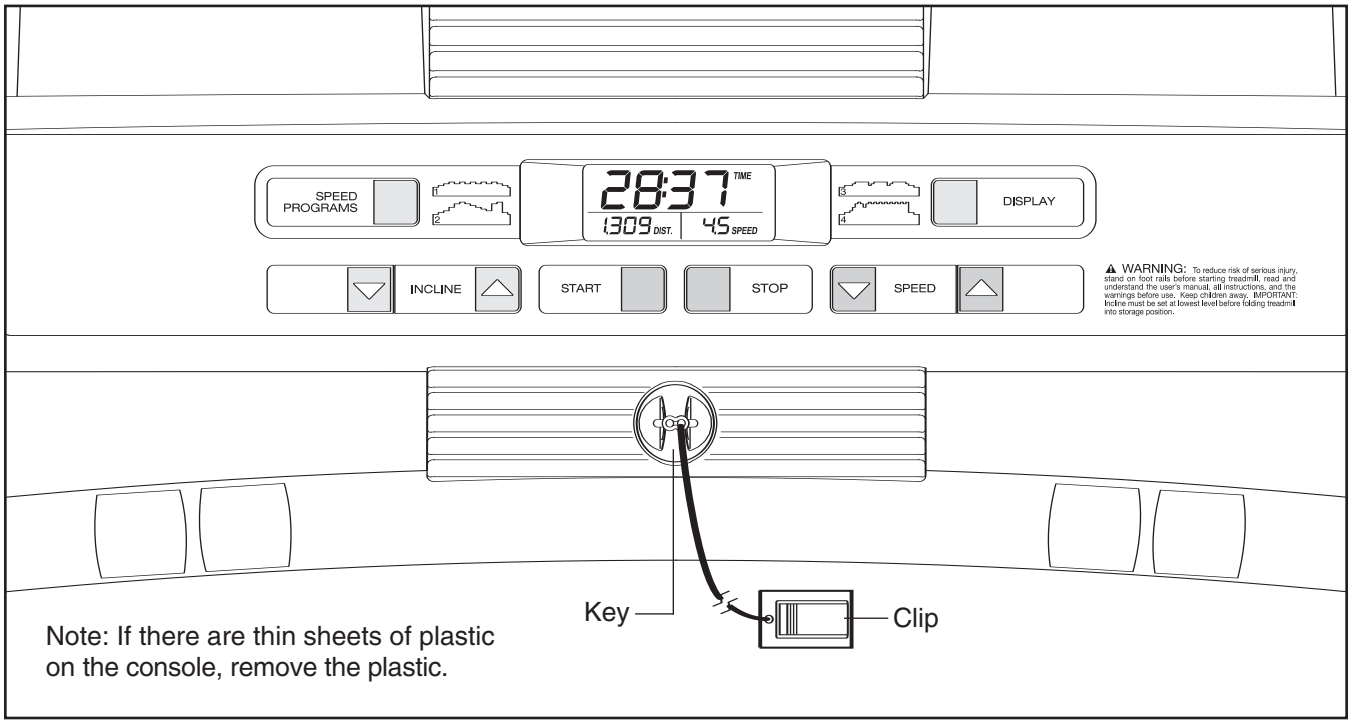


See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with GFCI-equipped outlets.**



⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

CONSOLE DIAGRAM


SPEED PROGRAMS
28:37 TIME
1.309 DIST.
4.5 SPEED
DISPLAY
INCLINE
START
STOP
SPEED
WARNING: To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before use. Keep children away. IMPORTANT: Incline must be set at lowest level before folding treadmill into storage position.
Key
Clip

Note: If there are thin sheets of plastic on the console, remove the plastic.

FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective.

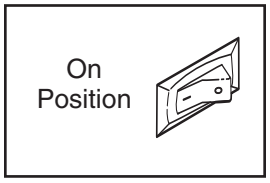
While the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the displays will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

The console also offers four speed programs. Each program automatically controls the speed of the treadmill as it guides you through an effective workout.

To prevent damage to the walking platform, always wear clean athletic shoes while using the treadmill. During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and center the walking belt if necessary (see page 19).

HOW TO TURN ON THE POWER

Plug in the power cord (see page 12). Next, locate the on/off switch on the treadmill frame near the right upright. Make sure that the switch is in the “on” position.



Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the three displays will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2 Select the manual mode.

When the key is inserted, the manual mode will be selected. If you have selected a speed program, reselect the manual mode by pressing the Speed Programs button repeatedly until only zeros appear in the displays.

3 Press the Start button or the Speed increase button to start the walking belt.

When either button is pressed, the walking belt will begin to move at 2 km/h. Hold the handrails and begin walking. As you exercise, change the speed of the walking belt as desired by pressing the Speed buttons. Each time a button is pressed, the speed setting will change by 0.1 km/h; if a button is held down, the speed setting will change in increments of 0.5 km/h. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.

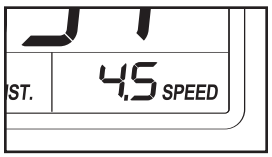
To stop the walking belt, press the Stop button. The time will begin to flash in one of the displays. To restart the walking belt, press the Start button or the Speed increase button.

4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, hold down the Incline increase or decrease button until the desired incline level is reached.

5 Follow your progress with the displays.

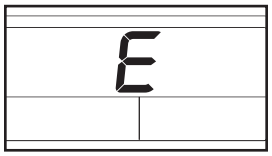
The lower left display—As you exercise, the lower left display can show the elapsed time and the distance that you have walked or run. Note: During a speed program, the display will show the time remaining in the program instead of the elapsed time.



The lower right display—The lower right display can show the speed of the walking belt and the approximate number of calories that you have burned. The display also shows your heart rate when you use the handgrip pulse sensor (see step 6 on page 15).

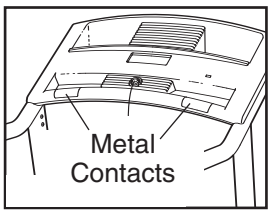
The upper display—The upper display can show the elapsed time, the distance that you have walked or run, the speed of the walking belt, or the approximate number of calories you have burned. Press the Display button repeatedly until the upper display shows the information that you are most interested in viewing. Note: While information is shown in the upper display, the same information will not be shown in the lower left or right display.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.



Note: The console can display speed and distance in either kilometers or miles. To see which unit of measurement is selected, first remove the key, hold down the Stop button, and then reinsert the key into the console; after you hear a tone, release the Stop button. An “M” for metric kilometers or an “E” for English miles will appear in the upper display. Press the Speed increase button to change the unit of measurement if desired. When the desired unit of measurement is selected, remove the key and then reinsert it.

6 Measure your heart rate if desired.



Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.

To measure your heart rate, **stand on the foot rails** and hold the metal contacts—**avoid moving your hands**. When your pulse is detected, the small heart symbol in the lower right display will flash, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7 When you are finished exercising, remove the key from the console.

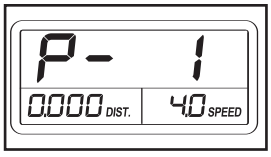
Step onto the foot rails and press the Stop button. Next, remove the key from the console. Keep the key in a secure place. Then, switch the on/off switch to the "off" position and unplug the power cord.

HOW TO USE A SPEED PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2 Select one of the four speed programs.



To select a speed program, press the Speed Programs button repeatedly; "P-1," "P-2," "P-3," or "P-4" will appear in the upper display for a few seconds to show which program is selected. The maximum speed setting of the selected program will also flash in one of the displays for a few seconds.

Each program consists of 30 one-minute periods. One speed setting is programmed for each period. Note: The same speed setting may be programmed for two or more consecutive periods.

The profiles on the console show how the speed of the walking belt will change during the programs.

3 Press the Start button or the Speed increase button to start the program.

When either button is pressed, the treadmill will automatically adjust to the speed setting that is programmed for the first period of the program. Hold the handrails and begin walking.

When the first period ends, a series of tones will sound. If a different speed setting is programmed for the second period, the speed setting will flash in one of the displays to alert you, and then **the speed of the walking belt will change.** The program will continue until all 30 periods are completed. The walking belt will then slow to a stop.

If the speed setting is too high or too low during the program, you can manually override the setting by pressing the Speed buttons. However, **when the next period begins, the speed of the walking belt will change if a different speed setting is programmed for the next period.**

To stop the program, press the Stop button. The time will begin to flash in one of the displays. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 2 km/h. When the next period begins, the speed of the walking belt will change if a different speed setting is programmed for the next period.

4 Change the incline of the treadmill as desired.

See step 4 on page 14.

5 Follow your progress with the displays.

See step 5 on page 14.

6 Measure your heart rate if desired.

See step 6 on this page.

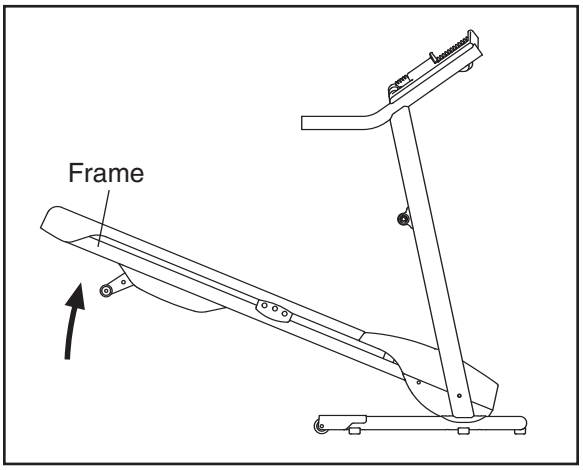
7 When you are finished exercising, remove the key.

See step 7 on this page.

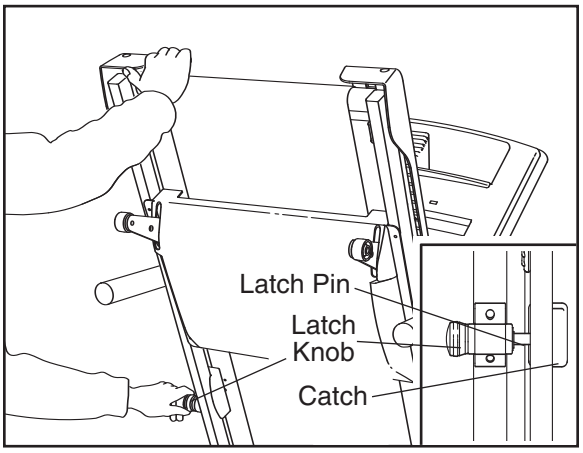
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Unplug the power cord. CAUTION: You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.



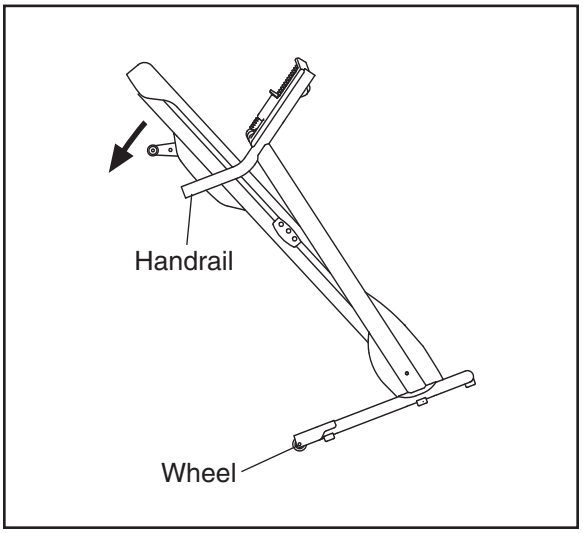
1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. To raise the frame, bend your legs, keep your back straight, and lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the catch is past the latch pin. Then, slowly release the latch knob; **make sure that the catch is resting against the latch pin.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85°F (30°C).

HOW TO MOVE THE TREADMILL



Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the catch is resting against the latch pin.**

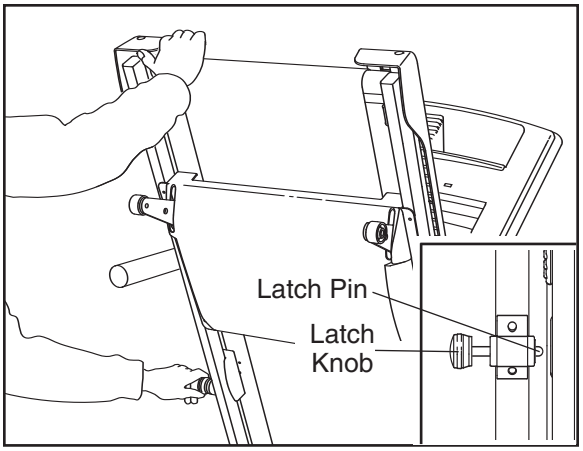
1. Hold the handrails and place one foot against one of the wheels. **Do not pull back on the frame.**

2. Tilt the treadmill backward until it rolls freely on the wheels, and carefully move the treadmill to the desired location. **Never move the treadmill without tipping it backward. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

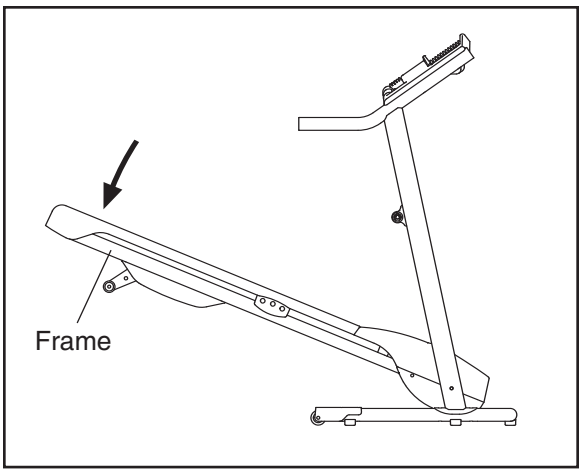
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Next, lower the frame until it is past the latch pin. Then, release the latch knob.



2. Hold the frame firmly with both hands, and lower it to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



MAINTENANCE AND TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

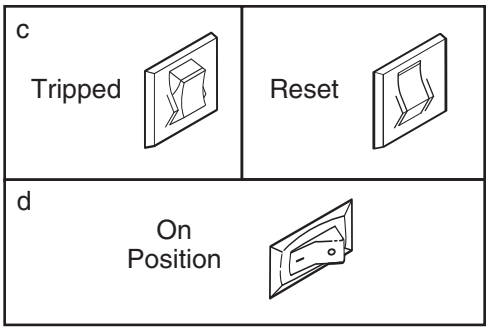
PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 12). If an extension cord is needed, use only a 3-conductor, 1 mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the "on" position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

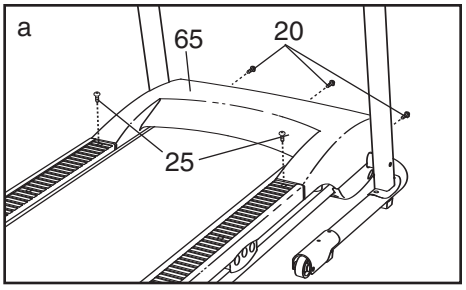
c. Remove the key from the console. Reinsert the key into the console.

d. Make sure that the on/off switch is in the "on" position (see d. above).

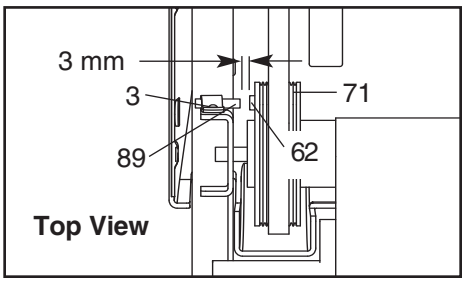
e. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the three Hood Screws (20) and two Foot Rail Screws (25). Then, carefully remove the Hood (65).



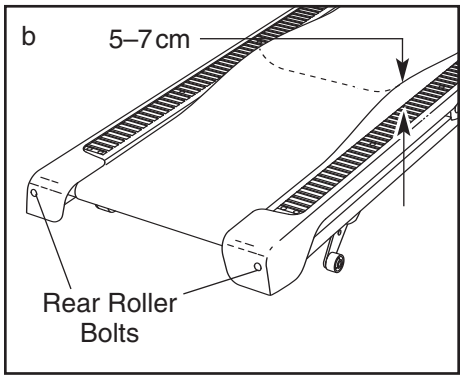
Locate the Reed Switch (89) and the Magnet (62) on the left side of the Pulley (71). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, loosen the Screw (3), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.).

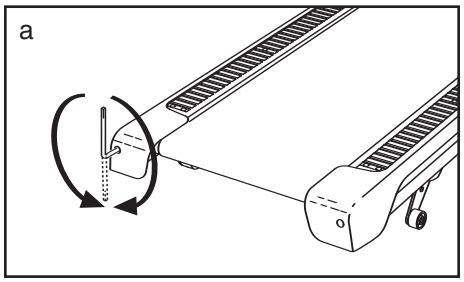
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



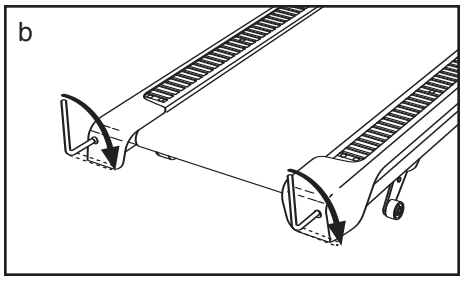
c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt has shifted to the left,** first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn the left rear roller bolt clockwise 1/2 of a turn. Be careful not to overtighten the walking belt. **If the walking belt has shifted to the right,** turn the left rear roller bolt counterclockwise 1/2 of a turn. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



CONDITIONING GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the pulse sensor on the console.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

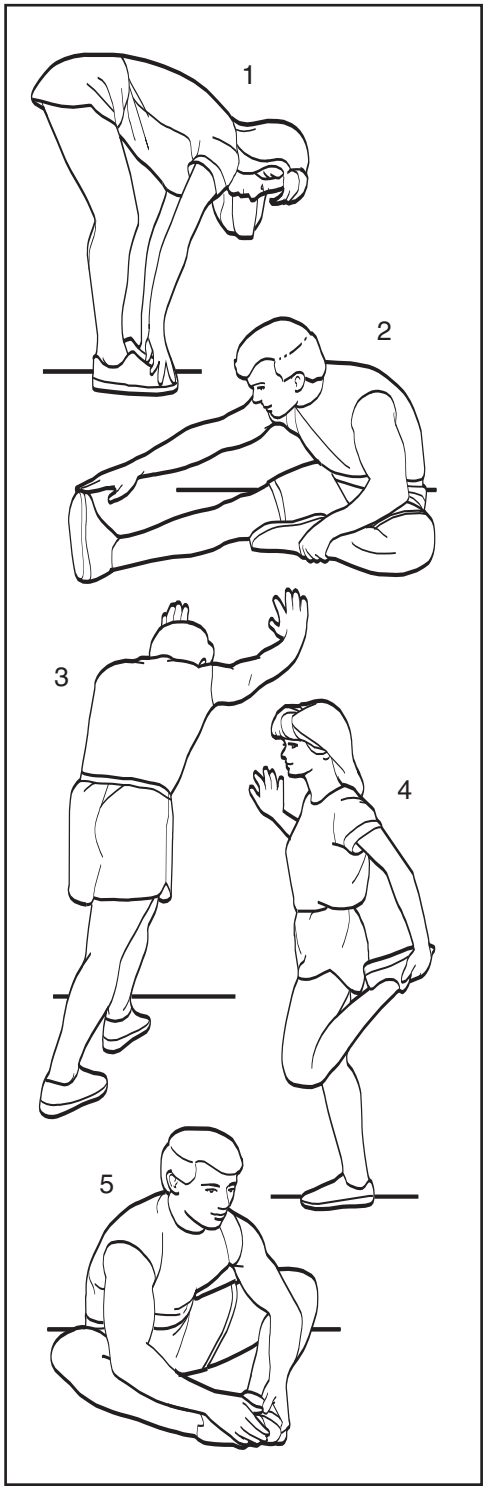
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. WETL13806.0

R1006A

To locate the parts listed below, see the EXPLODED DRAWING on pages 24 to 27.

Key No.	Qty.	Description
1	2	Frame Bolt
2	4	Upright Bolt
3	2	Wire Tie Screw/Reed Switch Screw
4	13	Console Back Screw
5	4	Handrail Star Washer
6	1	Warning Decal
7	2	Crossbar Star Washer
8	4	Handrail Bolt
9	2	Upright Star Washer
10	1	Power Cord Adapter
11	2	Frame Spacer
12	1	Console Back
13	4	Wheel Housing Bolt
14	6	Upright Washer
15	1	Key/Clip
16	4	Upright Nut
17	1	6 mm Hex Key
18	1	4 mm Hex Key
19	2	Roller Bracket Screw
20	5	Hood Screw
21	7	Screw
22	1	Left Handrail
23	2	Incline Wheel Bolt
24	2	Power Inlet Bolt
25	10	Foot Rail Screw
26	6	Base Pad Screw
27	2	Rear Walking Platform Bolt
28	4	Belt Guide Screw
29	2	Rear Roller Adj. Bolt
30	2	Motor Bolt
31	1	Motor Pivot Bolt
32	4	Wheel Housing Washer
33	1	Right Handrail
34	2	Motor Tension Bolt
35	2	Wheel Bolt
36	2	Rear Roller Star Washer
37	1	Circuit Breaker
38	2	Motor Star Washer
39	2	Power Inlet Washer
40	1	Incline Motor
41	2	Motor Bushing
42	4	Electronics Star Washer
43	4	Wheel Housing Nut
44	2	Motor Tension Nut
45	2	Wheel Housing
46	5	Nut
47	5	Hood Clip
48	1	Latch Assembly
49	1	Grommet
50	2	Isolator Fastener
51	1	Frame
52	1	Base
53	1	Left Upright
54	1	Right Upright
55	1	Rear Roller
56	1	Motor Belt
57	1	Electronics Bracket
58	1	Incline Motor Mounting Bolt
59	1	Motor Bracket
60	1	Left Rear Roller Bracket
61	1	Right Rear Roller Bracket
62	1	Magnet
63	6	Base Pad
64	1	Latch Catch
65	1	Hood
66	1	Belly Pan
67	1	Left Foot Rail
68	1	Right Foot Rail
69	4	Wheel Spacer
70	2	Wheel
71	1	Front Roller/Pulley
72	1	Incline Leg
73	1	Access Door
74	2	Frame Endcap
75	4	Handrail Endcap
76	1	Walking Belt
77	2	Front Isolator
78	2	Platform Cushion
79	1	Drive Motor
80	2	Wire Tie
81	9	8" Tie
82	2	U-Nut
83	1	Reed Switch Clip
84	1	Console Ground Wire
85	2	Crossbar Screw
86	1	Walking Platform
87	1	Controller
88	1	Console Crossbar
89	1	Reed Switch
90	1	Power Cord
91	1	Console

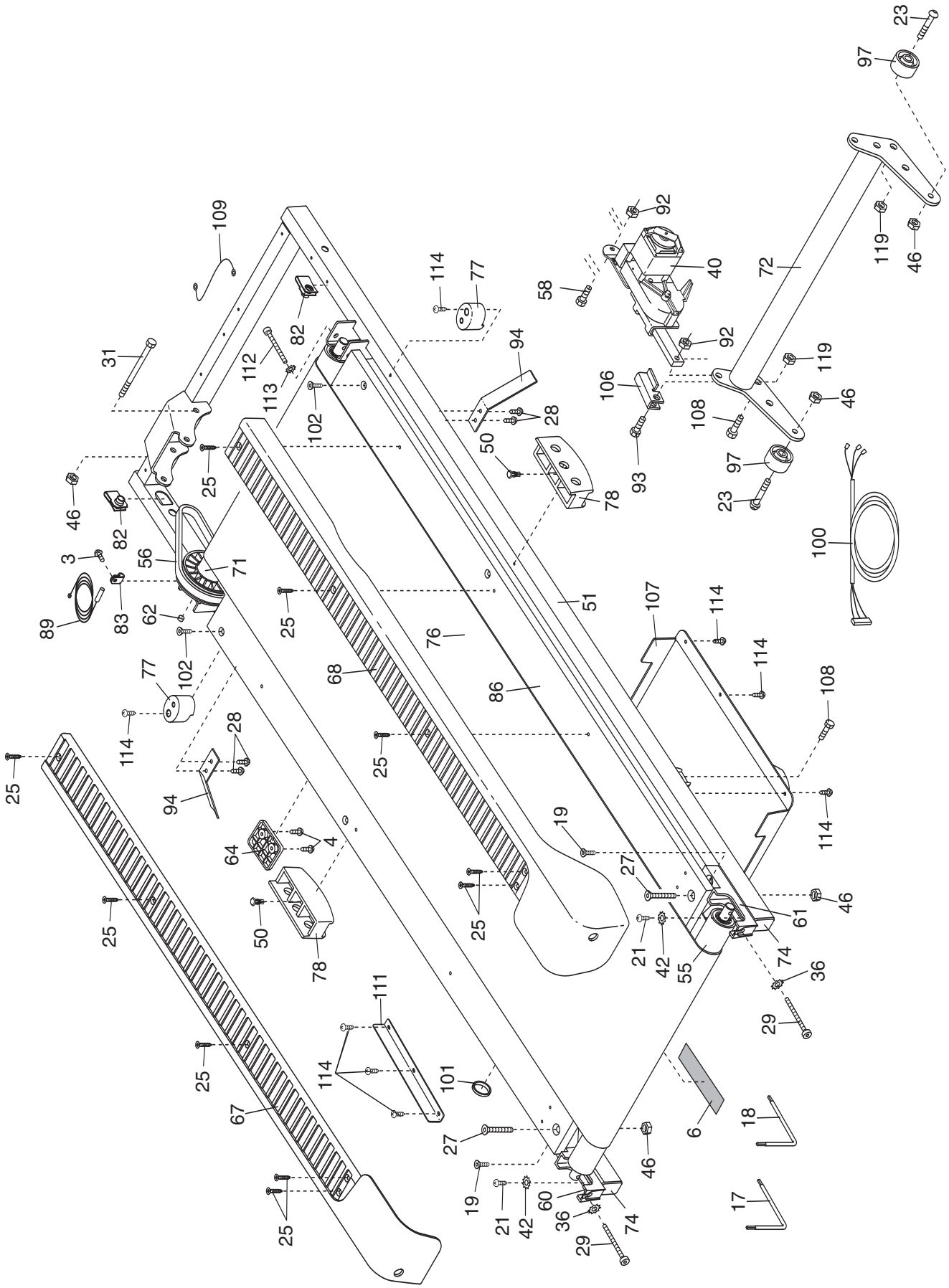
Key No.	Qty.	Description
92	2	Incline Motor Nut
93	1	Incline Motor Bolt
94	2	Belt Guide
95	6	Console Screw/Latch Screw
96	1	Belly Pan Grommet
97	2	Incline Wheel
98	1	Wire Harness
99	1	Power Inlet
100	1	Incline Motor Wire
101	2	Round Grommet
102	2	Front Platform Screw
103	1	Filter
104	1	Transformer
105	1	On/Off Switch
106	1	Stop Bracket
107	1	Rear Belly Pan
108	2	Incline Leg Bolt
109	1	Ground Wire
110	1	Motor Isolator Plate
111	1	Shield
112	1	Front Roller Adjustment Bolt
113	1	Front Roller Adjustment Washer
114	19	Screw
115	2	Dust Cover Screw
116	6	Tie Screw
117	4	Transformer Screw/Filter Screw
118	2	Inlet Bracket Nut
119	2	Incline Leg Nut
#	1	10" Blue Wire, 2F
#	1	8" Blue Wire, 2F
#	1	4" Blue Wire, M/F
#	1	6" Green/Yellow Wire, F/R
#	1	4" Green/Yellow Wire, F/R
#	1	10" White Wire, 2F
#	1	6" White Wire, 2F
#	1	6" Red Wire, M/F
#	1	4" Black Wire, M/F
#	1	User's Manual

These parts are not illustrated.

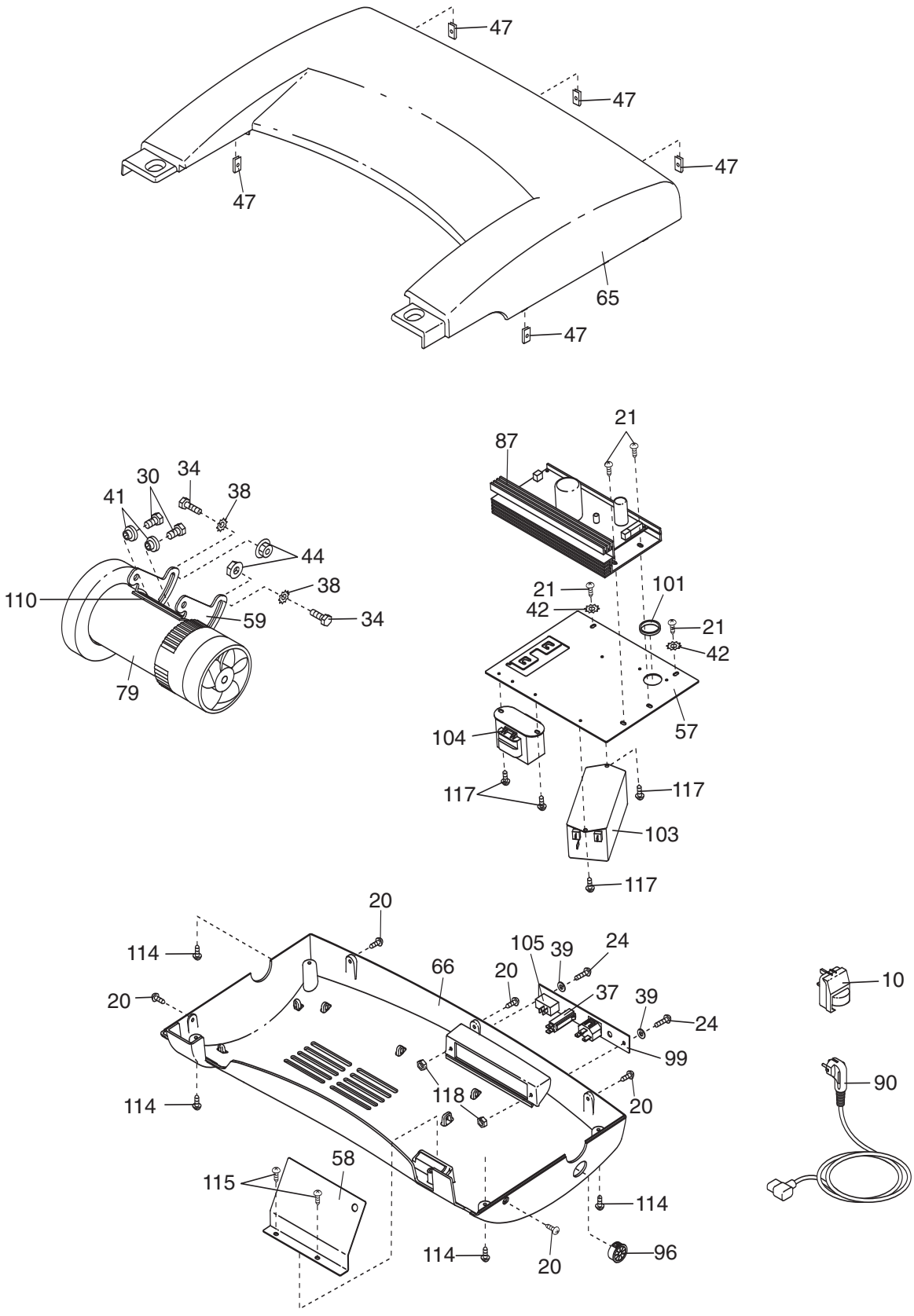
Specifications are subject to change without notice.

EXPLODED DRAWING A—Model No. WETL13806.0

R1006A

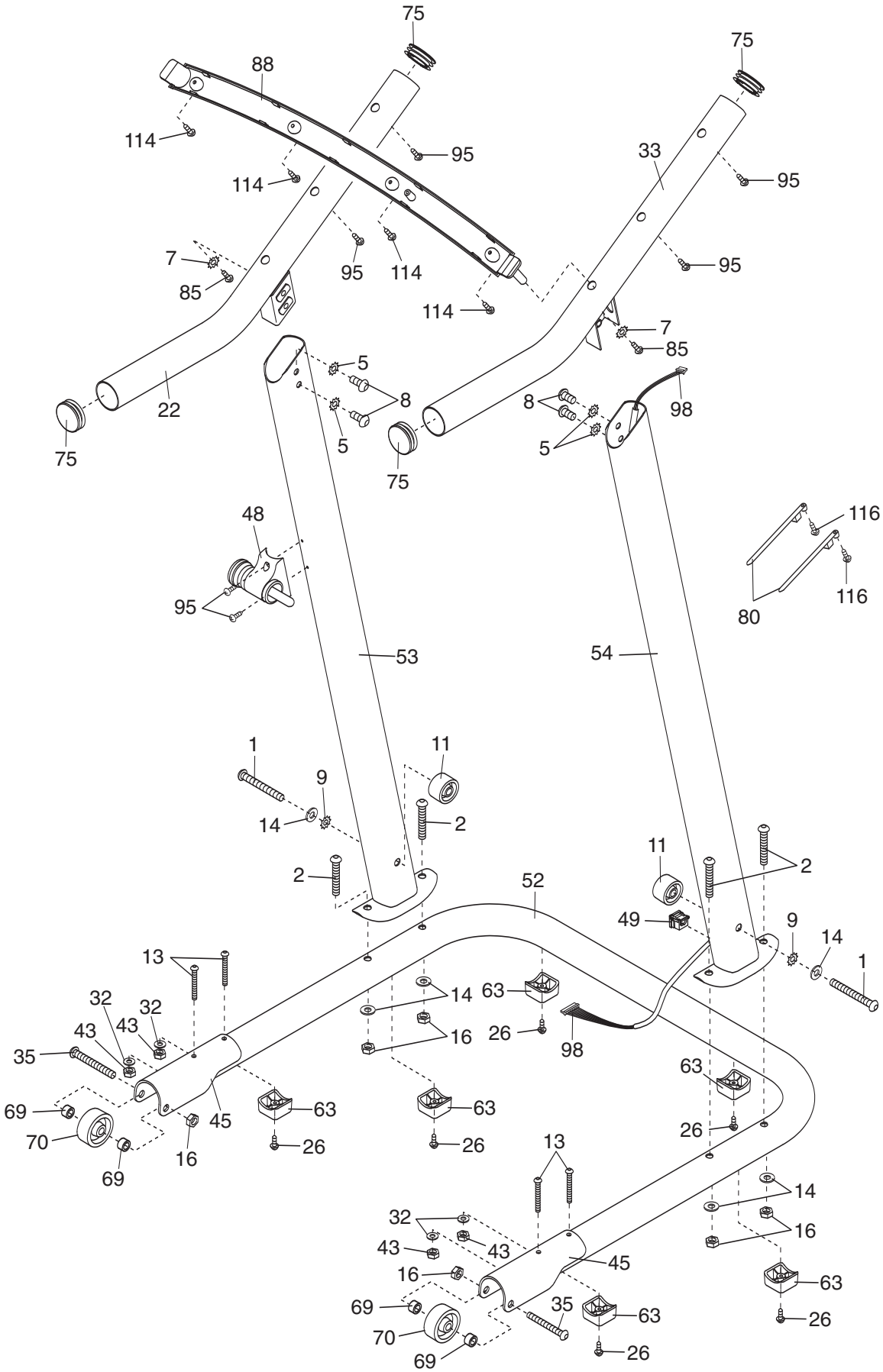


EXPLODED DRAWING B—Model No. WETL13806.0 R1006A



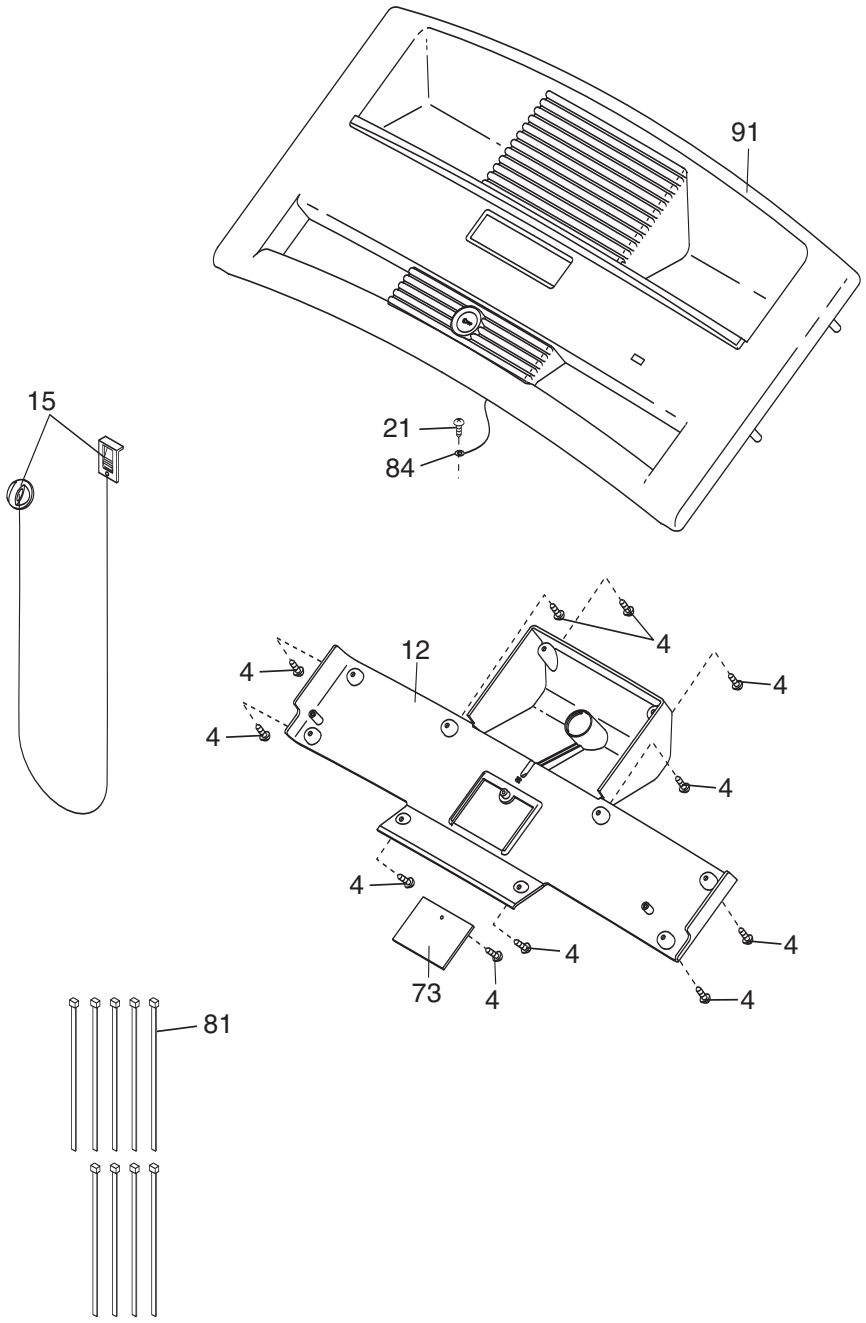
EXPLODED DRAWING C—Model No. WETL13806.0

R1006A



EXPLODED DRAWING D—Model No. WETL13806.0

R1006A



ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: (44) 0113 387 7133
Fax: (44) 0113 387 7125

To help us assist you, please be prepared to provide the following information:

- the MODEL NUMBER of the product (WETL13806.0)
- the NAME of the product (WESLO CADENCE C6 treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the needed part(s) (see the PART LIST and the EXPLODED DRAWING on pages 22 to 27)

Part No. 242596 R1006A

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